Encampment Equipment - Student Checklist

All equipment listed in the required sections will be part of daily inspections.

If you have any questions, comments, or concerns, please email summer-enc-da@vawg.cap.gov

All items brought to Encampment should be labeled with last name, first initial and CAPID number:

This allows students to keep track of their own items.

Laundry Service will not be provided so be sure to pack enough for the whole week.

Blues (1 set)	ABUs (1 set – Minimum, 2nd set HIGHLY Recommended)
1 Summer Blue shirt	2 ABU blouse with all required patches and tapes
1 Summer Blue slacks	2 ABU pants
(slacks only, NO skirts)	1 ABU cover, USAF style
1 Flight Cap	1 ABU belt
1 Hat device (for flight cap) w/ backing	1 pr Uniform boots WELL BROKEN IN
2 White t-shirts (v-neck)	1 set Blousing Bands (for ABU pants)
1 pr uniform shoes (black low quarters)	7-9 ABU(Tan) T-shirts
3 pr dress socks, black	9 pr Black Boot Socks
2 Grade Insignia w/ backing	9 pr Liner Socks (black dress socks or
1 set of Shirt Stays (Optional, yet	women's knee-high hose may substitute – RECOMMENDED - preventative measure against blisters)
1 USAF blue belt w/chrome buckle and tip	
1 Name Plate w/ backing	TWO copies of CAPF160, 161 and
1 Ribbon holder w/backing	163 as applicable in plastic bag.
1 set of awarded ribbons (complete)	

SUGGESTION: BRING EXTRA UNIFORM ITEMS FROM THE ABOVE LIST IF YOU HAVE THEM. Be sure to iron Blues and ADU uniforms prior to arriving at Encampment.

Note: New shoes and boots are not recommended. They should be WELL BROKEN IN to prevent blisters. Gel insoles are HIGHLY recommended for boots!

1	Canteen - PROVIDED	
	DESCRIPTION: A canteen will be provided to students upon their arrival. Students may bring their	
own camelbaks or canteens if desired, however, they are not required.		

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Clothing	Barracks Items
9 sets of underwear	1 Flashlight, with extra batteries (small)
1 pr, gym shoes	2 Bath Towels
7 pr, gym shorts, dark blue or black (see note 1)	2 Wash Cloths (Optional)
3 PT Shirts will be provided. (Required: Bring 3-4 additional grey t-shirts)	1 pr, Shower shoes (Flip flops)
7-9 pr Athletic socks - white	Coat hangers, one per hanging item and two extra (Total $\# = 8$)
1 Rain poncho or jacket	1 Toothbrush and 1 Toothpaste (Travel sized)
1 Swimsuit, modest, single piece (optional - would be used in showers)	Eyeglasses or Contacts. Note: if bringing contacts, please bring extra pairs or a spare set of glasses (if required).
l set civilian attire (for travel home)	1 Comb and/or hairbrush (if required)
1 pr OLD gym shoes or boots (could be ruined)	1 Shampoo, small bottle (Travel sized)
Accessories	1 Deodorant
1 Pocket Spiral Notebook	1 Soap, in waterproof container (Travel sized)
1 12" Ruler	1 Shaving kit (if required)
3 Pens (blue or black); 2 Sharpies	1 Sewing Kit that contains blue thread, black thread, white thread, and dark green thread included (optional)
3 Pencils	Bedding
1 Shoe shine kit (polish, brush, rag -Travel sized)	1 Set of Sheets (Top and Bottom) - Any Solid Color (No Patterns or Designs) Twin Size
Medical	1 Pillow with Pillow Case- Any Solid Color (Preferably White)
9 day supply of all medications	1 Comforter or Top Blanket - Any Solid Color (No Patterns or Designs) Twin Size
Cough drops or lozenges, large bag (Optional - See Note 2)	
Additional Items	
1 Insect repellant, must include DEET	1 set Gel Insoles (optional but recommended)
1 Sunscreen, high SPF rating	1 set, Leather work gloves
1 Reusable Water Bottle, Camelbak, or Canteen	Feminine Hygiene products as appropriate

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All medical supplies are to be <u>brought in the original container</u> labeled with the cadet's <u>FULL NAME</u>: <u>last name</u>, <u>first name</u>, <u>and CAPID</u> written on the container.

Additional Medical Supplies		
Tums or Antacid of choice (optional - See Note 2)	1 pkg Moleskin padding (NOT FOAM)	
1 Container of foot powder	All prescription medications with directions(If applicable)	

SUGGESTION: Bringing <u>travel sized items</u> is highly recommended. (Examples of this would be soap, shampoo, toothpaste, etc.)

**All contraband items will be confiscated at check-in. If a cadet's ride is still present, items will be given to them. If not, items will be held at ENC HQ and will be returned upon check-out. Civil Air Patrol and Virginia Wing will not be responsible for any lost contraband during the tenure of Encampment. It is up to the Cadet to ensure contraband is not brought to Encampment. **

Contraband Items	Contraband Items	
Electronic devices (cell phones, computers, and consumer electronics) except flashlight, electric razor	Snacks, candy, gum, soda, energy drinks, other food items, etc.	
Tobacco, e-cigs, alcohol, illegal drugs	All knives, lighters, or matches	
Weapons or fireworks	Non-prescription drugs, herbs, supplements, etc., not indicated on the CAPF 160 application	

- Note 1 Must be able to extend their fingers along the outside leg seam and have fabric left between the fingers and knees.
- **Note 2** Students who wish to bring cough drops, lozenges, Tums, or Antacids to Encampment must indicate so on their individual CAP Form 160. Students may not share any nonprescription medication, herbal, vitamin or supplement.

Ref CAPR 160-1:

- 4-3. Written Permission Required for Minor Cadets. No minor cadet may bring any prescription or nonprescription medications, herbals, vitamins, or supplements to any CAP activity without the written permission of the cadet's parent or guardian.
- Note 3 Asthma inhalers and/or bee sting ana-kits are to be kept in the left cargo pocket at all times.
- **Note 4 -** Bring hangers for each individual uniform clothing item you bring plastic hangers are highly recommended. The two extra hangers will be used for the uniform students wear initially to Encampment
- **Note 5** You must have a valid current CAP membership card to participate in Encampment. The CAP membership card must be with you at all times for the duration of Encampment.
- Note 6 You must have a completed CAPF 161 with you at all times for the duration of Encampment.
- Note 7 Students may bring books if they would like. Any inappropriate reading material will be confiscated.